



Tucson Waldorf Salad

Ingredients:

- ¼ cup low or nonfat Greek yogurt
- 1 tablespoon lemon juice
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 apple, cored and cut into matchsticks
- 1 cup jicama, cut into matchsticks
- ¼ cup pecans, chopped
- 2 cups spring mix
- 2 tablespoons prickly pear vinaigrette

Instructions:

1. Combine yogurt, lemon juice, salt and pepper in a bowl.
2. Mix in apple, jicama, and pecans.
3. Toss spring mix in prickly pear vinaigrette.
4. Serve “Waldorf” salad on top of the dressed lettuce, and enjoy!

Variations:

- If using a tart apple, like Granny smith, add 1 tablespoon of honey into your yogurt dressing to sweeten it up a bit!
- Chopped grilled chicken would make a great addition to the “Waldorf” salad!
- Add ¼ cup shredded carrot and ½ cup shredded cabbage to the apple mix to make a delicious “coleslaw” inspired side dish or crunchy topper for our Organic Grass-Fed Burger.

Prep Time: 20 minutes

Cooking Time: 0 minutes

Equipment:

- mixing bowl
- mixing spoon
- knife and cutting board
- measuring cups and spoons

Servings: 2

Serving Size: 1 ½ cups



Nutrition Facts: 230 Calories, 14 g Fat, 2 g Saturated Fat, 25 g Carbohydrates, 5 g Protein, 8 g Fiber, 12 g Sugar, 180 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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